

July 2007



# "EMS Currents"

*Sacramento Metro Fire District's EMS Division Newsletter...Will you make a difference today?*

## Special Interest Articles:

- Paramedic Class Update
- EMS Training
- Mercy - Metro Training
- Summer Is Here
- FYI...

*I like long walks, especially when they are taken by people who annoy me*

*Fred Allen*



*I only regret but that I have one life to lose for my country*

*Nathan Hale*



## Paramedic Class Update...

By: Steve Cantelme

Metro personnel attending the ARC anatomy and physiology class are doing well. The A&P class is a pre-requisite for the paramedic academy, which will start around the first of August. The ARC instructor has complimented our personnel on their initial success in the class - apparently most of the top grades are held by Metro students.

This is the first time we have sent Metro personnel to the class after working for a minimum of one year in the field as EMT1's with Metro Fire. If their initial success is an indicator of their future performance then this change to the paramedic academy program will prove to be a positive one!

## EMS Training....

By Ric Maloney

This month's EMS training will cover the following topics:

- Stryker Gurneys and Stair Chairs were purchased in June of this year so you can expect them out in the field this summer. As part of the July EMS training, there will be a component on the operations, care and maintenance of the new Power Cot Gurneys and Stair Chairs.
- Zoll AED's were also purchased and delivered in June through a grant from Fireman's Fund. District-wide training will be provided for these units as well. It is anticipated that these will be assigned to the district facilities, boats, TEMS and for special event use.
- Introduction to the EZ IO will also be part of the July EMS training for all personnel. The new protocol for the EZIO came out in June and with the completion of district-wide training on the use of the EZIO, they will be placed into the field for use by our paramedics. The old IO needles will be removed at that time.

## July Dates:

1<sup>st</sup> Canada Day  
4<sup>th</sup> Independence  
Day



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*I never said most of the  
things I said.*

*Yogi Berra*

# Mercy-Metro Training

By: Brian Shannon

The Mercy-Metro training went well and attendance by Metro personnel was high. Our biggest challenge is finding willing speakers or instructors, however we are trying to reach out to the other hospitals in the region to help us with this challenge. If you have ideas on how to improve this program, please contact me via District email.

## Summer is Here....

By: EMS Staff

The summer is upon us and everyone should be prepared for the heat; not only from a personal protection standpoint but also as it relates to patient care. Please be sure to refresh your memories on how to treat patients for heat and water related injuries as well as alcohol related injuries as they also tend to increase during the summer months.

Don't forget your own protection from the sun - be sure to wear sunscreen when appropriate and hats to shade your dome and beak. You should also be sure to monitor yourself as well as your crewmembers for signs of heat related problems such as heat stroke and heat exhaustion. Stay hydrated and keep your canteens and water jugs full of cool, fresh water!

## FYI .....

- Metro Medic 105 will start service in July. AMR will reposition AMR105 to station 42's first-in area. AMR 103 will post in the station 101 first-in areas.
- The District will begin offering CPR classes as a public service to communities within our jurisdiction. The classes will be rotated around to the different communities and will be available to the public on a first come, first serve basis.
- CentreLearn has been selected to provide Metro fire with their online training program. You may start receiving your first online training from EMS as early as this summer.
- Congratulations to all of the successful Captain candidates and BC candidates on their placement on the promotional lists!
- No new news on the disposition of the EMS Coordinator position. We will keep you informed when a decision is made.